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Abstract of the Disclosure

LOW-RESIDUE, EASY-CLEANING AND LOW-VISCOSITY  
STRUCTURED LIPID PAN RELEASE COMPOSITIONS AND METHODS

**[00166]** Medium chain triglyceride oils are interesterified with long chain edible oils in order to form interesterified structured lipids. These structured lipids find special application in food service pan release cooking compositions and methods. The products have a relatively low viscosity of between about 20 and about 52 centipoise while having a smoke point which is especially suitable for cooking applications. They provide enhanced release properties, reduced darkening effects, less residue build-up, and enhanced cleaning of griddling, cooking and baking pans, containers and utensils.